

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

JULY 22, 2005

Headquarters defeats MAG-24

2005 Intramural
Soccer season
comes to a close

Sgt. Joseph A. Lee
Sports Editor

At the conclusion of the intramural soccer season, Headquarters Battalion was dubbed champion after defeating Marine Aircraft Group 24 in the championship game, 2-1.

These two teams, having faced

one another in the championship game, four out of the past five years, here at Marine Corps Base Hawaii, Kaneohe Bay, came ready to perform one of the most physical sports competitions of 2005 to prove who tops this unit soccer rivalry.

At the start of the game, both teams requested the match be extended to standard 45-minute halves, instead of the shortened 30-minute halves they had played all season — Marine Corps Community Services Sports Coordinator Joe Au, gave the thumbs up from the sidelines,

and the game was on.

Headquarters Battalion controlled the flow of the game during the first half, with left midfielder Jorge Cruz beating the defense down the sidelines on repeated plays, to get the ball to Joe Dummar in front of the goal. Dummar had a couple strikes on the goal early on, but the MAG-24 defense was able to hold off Dummar's repeated attacks.

Dummar and Cruz led the offensive strike during the first half with explosive energy levels

See HQBN, C-5



Sgt. Joseph A. Lee

Carlos Moriera, Headquarters Battalion keeper, swats away one of many MAG-24 shots on goal Monday night, while Vic Olivares (white) and a MAG-24 forward watch Moriera at work. Like a brick wall, Moriera only let one goal past him, while blocking or deflecting more than 50 shots on goal during the championship game.



Sgt. Joseph A. Lee

Helder Nunes, Headquarters Battalion stopper, hands his son, Logan, the 2005 Intramural Soccer Championship trophy after the game, Monday night at Pop Warner Field. Arguably the most physical base intramural matchup so far in 2005, the championship rivalry between Headquarters Battalion and MAG-24 will likely continue next year, according to MAG coach, Christopher Voss.

Warriors' coaches to teach intramural clinic

Sgt. Joseph A. Lee
Sports Editor

The 2005 Intramural Tackle Football season is approaching and the base is stirring with excitement as teams and coaches prepare for hard Corps gridiron and pigskin battle here at Marine Corps Base Hawaii, Kaneohe Bay.

According to Joe Au, base sports coordinator, the season has six teams ready to do battle so far, and even Camp Smith is looking to make some home-field improvements — possibly improving their chances of getting a home game this year.

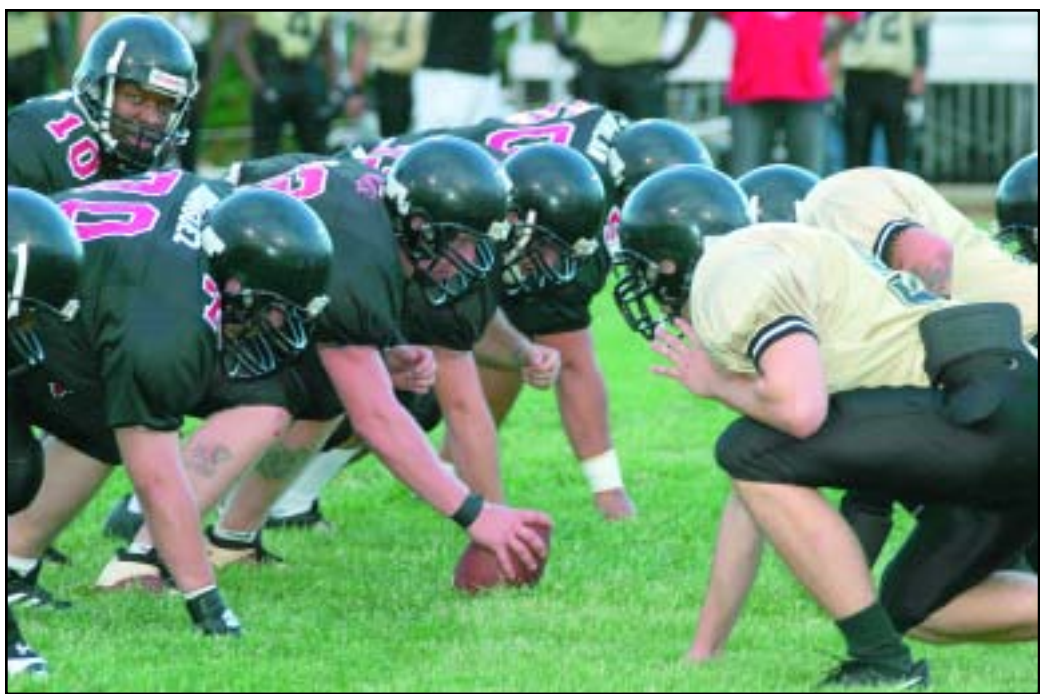
To prepare for the upcoming season, all coaches and assistant coaches are mandated to attend a series of football coach clinics, to take place at the Base Marina classroom from 6 to 9:30 p.m., Wednesday through Friday, and a speed and

quickness clinic to take place at the University of Hawaii campus.

A team of offensive and defensive coaches from UH will be teaching this clinic, open to the season's football players who would like to attend.

The roster of coaches includes defensive back coach Rich Miano, a former NFL safety in his fifth year on the Warriors' staff. Miano will be teaching the speed and quickness clinic. The Kaiser High School graduate was drafted in the sixth round by the New York Jets in 1985 and enjoyed an 11-year career in the National Football League. Miano, who played for the Warrior football team in 1982, played under Warrior Head Coach June Jones in Atlanta in 1996. In the Warriors' last four seasons, Miano's defensive secondary recorded 46 interceptions,

See CLINIC, C-6



Cpl. Megan L. Stiner

Headquarters Battalion (left), faces off against the Camp Smith Raiders during the 2004 Intramural Tackle Football season in October 2004. The coaches clinic next week is a key element in the intramural season, as it gives coaches the tools they need to properly train their players.

Fall sports registration is on for base youths

Ed Hanlon V
MCCS Marketing

This is a call for all Marine Corps Base Hawaii, Kaneohe Bay youths, to get up, get active and get healthy!

MCCS Youth Activities is currently registering youths for array of sports programs for all ages and abilities. Flag football, cheerleading and in-line hockey are all registering until Aug. 5.

"Our programs allow youths to use their time wisely, build their self-esteem through team play and start having fun with sports," stated Clark Abbey, Youth Activities sports specialist.

Youth Activities leagues

are open to dependents of all active duty, reservists, National Guard and Department of Defense civilian employees.

"Flag football and cheerleading have always been extremely popular sports aboard Marine Corps Base Hawaii," added Abbey, "so popular in fact, that we've never had a shortage of quality coaches or volunteers."

The flag football and cheerleading leagues are open to those born from 1990 to 2000, with different league formats for the different age groups. The leagues run from Sep. 7 through Nov. 5. The Flag Football league costs \$50 for Youth Activities members

and \$60 for nonmembers. The cheerleading league costs \$85 for YA members and \$95 for nonmembers.

"We're also really excited to host the in-line hockey league at the brand new rink, which we predict will really boost this year's registrations," furthered Abbey.

The in-line hockey league opening day ceremony will take place at the new rink adjacent to the Pop Warner Football Field and marks the beginning of the season.

The league is open to 6- to 16-year-olds and costs \$75 for YA members and \$85 for nonmembers.

See YOUTH, C-4



Sgt. Joseph A. Lee

Children from the Mini-Grass Soccer League laugh while practicing at the field near the Provost Marshal's Office, Tuesday. The Mini-Grass and all other youth soccer teams have games every Saturday on K-Bay.

BASE SPORTS

Aug. 26 & 27

SM&SP Dodge Ball Tournament — The Single Marine & Sailor Program never drops the ball on having fun, and August looks like no exception. In addition to its exciting clubs and programs, the SM&SP will also be hosting a dodge ball tournament, Aug. 26 at Camp Smith and Aug. 27 at Kaneohe Bay. The Camp Smith tournament runs from 11 a.m. to 1 p.m. at the Camp Smith Gym, and the Kaneohe Bay tournament will be held at the Semper Fit Center from 10 a.m. to noon. Put together a six-person team and start practicing now. Both tournaments cost \$20 per team and are open to all eligible SM&SP patrons and invited Staff NCOs.

The Single Marine & Sailor Program is a highly energized program with a singular mission: to address and enhance the quality of life for single Marines and Sailors in a measurable manner. This is accomplished through six core components: quality of life, recreation, health and wellness, community involvement, life skills and career progression

The SM&SP is open to all unaccompanied E-5 and below. The program office is located in Building 1629 and can be reached by calling 254-7593.

Ongoing

Support Intramural Sports Teams — Come out to support your unit's softball, soccer or basketball team.

Intramural softball takes place at Camp Smith Tuesdays and Thursdays at 5 and 6 p.m.

K-Bay softball games are played at Annex and Riseley fields every Monday, Tuesday, Wednesday and Friday at 6 p.m.

Intramural soccer action hits the field at Pop Warner, Mondays and

Wednesdays at 6 p.m.

Thirty and over basketball takes over the courts of the Semper Fit Center every Thursday night.

Extended Summer Pool Hours — The Kaneohe Bay Base Pool has extended its summer hours for family fun. The pool will be open from 6 to 8 p.m. Tuesdays, Wednesdays and Thursdays so that families can enjoy their summer evenings.

Night lighting, picnic tables and barbecue grills will be available for patrons to rent for a small fee of \$1 per person. Swim, slide and dive away those hot summer nights at the Base Pool.

Evening water aerobics classes will be conducted on Tuesdays and Thursdays throughout the summer from 6 to 9 p.m. The class fee is \$2, and tickets can be purchased at the pool or fitness center.

Saturday morning swim lessons are also now available. Only six spaces per class are available, so sign up now at the Base Pool or call 254-7655. The fee is \$35 per session. The following is the class schedule. Level 2 at 8 a.m., Level 1 at 9 a.m., Preschool at 10 a.m. and Preschool 2 at 11 a.m.

Semper Fit Center Offers Personal Trainers — For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer, who will take body-fat measurements, blood pressure and heart-rate readings.

They will do all this and tailor a program based on your physical needs and ambitions. For only \$5 per workout, your trainer will actually train with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

Campground and Picnic Sites — For picnic and camping sites, Marine Corps Base Hawaii offers some of the most scenic beaches on

the island. Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation for picnics and parties from dawn to dusk. Hale Koa Beach may also be reserved for overnight camping.

Reservations are required. To reserve a camp site, call 254-7666 for Kaneohe, or 477-5143 for Camp Smith.

Fishing Charters Available at MCB Hawaii — Spend the day aboard one of Bill Collector's fishing charter boats.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

Inexpensive, Fun Entertainment — Look no further for economical entertainment Mondays through Thursdays at the K-Bay Lanes where all E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game.

This discount is good for open play, but does not qualify for tourna-

ments, leagues or unit functions.

For more information, call the K-Bay Lanes at 254-7693.

Color Pin Special — Every Wednesday, roll a strike. When a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win! Call the K-Bay Lanes at 254-7693.

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center for children 6 weeks and older.

All active duty service members and their families may participate.

Call 291-9131 for more information.

Paintball Hawaii — Weekend single-day cost is only \$25 per person, and the fee includes one air refill, equipment and the field fee.

The field is open on weekends. Call 265-4283 for Friday appointments.

Massage Therapy — Massage therapy, by certified massage thera-

pists, is available at both Kaneohe Bay and Camp Smith. The massage therapy program will help relieve your mental and physical fatigue and improve your overall circulation and body tone.

Choose from Shiatsu, Swedish, Lomi, deep-tissue and even hot-rock therapy.

Appointments are available by calling the K-Bay Semper Fit Center at 254-7597 or Camp Smith at 477-5197 during regular business hours, Monday through Friday.

Okinawa Kenpo Karate — Every Tuesday and Thursday, join MCCS Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the 7-Day Store.

Adults and children are welcome. Costs are \$35 for adults, \$25 for children, and \$20 for additional family members.

Call MCCS Youth Activities for information at 254-7610.



Semper Fit Group Exercise July 2005

Monday

8:45 – 10 a.m. — Step 2 It
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling (\$3/\$1 active duty)
5:45 – 6:45 p.m. — Class Coming Soon
6:45 – 7:45 p.m. — Pilates

Tuesday

6 – 7 a.m. — Cycling (\$3/Free to active duty)
8:30 – 9:30 a.m. — Class Coming Soon
9:30 – 10:30 a.m. — Yoga
6 – 7 p.m. — Class Coming Soon

Wednesday

8:45 – 10 a.m. — Step Challenge
4:45 – 5:45 p.m. — Cycling (\$3/\$1 active duty)
5:45 – 6:45 p.m. — Class Coming Soon
6:45 – 7:45 p.m. — Pilates

Thursday

6 – 7 a.m. — Cycling (\$3/Free to active duty)
8:30 – 9:30 a.m. — Class Coming Soon
6 – 7 p.m. — Step 2 It

Friday

6 – 7 a.m. — Class Coming Soon
8:45 – 10 a.m. — Step 2 It
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling (\$3/Free to active duty)
5:45 – 6:45 p.m. — Pilates

Saturday

10 – 11 a.m. — Water Aerobics

Note: A book of 10 single-class coupons for \$2 each can be purchased for \$15 at the Semper Fit Center.

Semper Fit also offers Aikido instruction Mondays and Wednesdays at 8 p.m., and Fridays at 7 p.m.

COMMUNITY SPORTS

HTMC to Hike Sunday

Sunday's Hawaiian Trail and Mountain Club trek takes hikers on a six-mile, intermediate jaunt in Kahana Valley. Kahana Valley State Park is a lush Windward valley with a loop trail that rambles through the forest, across streams and swimming holes, past World War II concrete bunkers and more forest. This valley is huge, so pay attention and keep on the trail. Reach Mike Mottl at 254-6360 for more information.

Hikers should meet at Iolani Palace at 8 a.m. for the hike. A \$2 donation is requested for each nonmember, age 18 or older. A responsible adult must accompany children under 18. Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets, radios, and other audio devices are prohibited on hikes.

Check out the HTMC Web site at www.geocities.com/Yosemite/Trails/3660 for more information.

MPRRC Hosts Kailua Run

The Mid-Pacific Road Runners Club is also hosting a Kailua Beach Run, Saturday. The run covers approximately 4 miles of Kailua Beach shoreline. Waves and jellyfish are possible hazards.

This is a show-up, sign-up race, but you may register online at www.active.com. Registration fees are \$5 for MPRRC members, \$10 for nonmembers and free for MPRRC life members.

For questions about either race, contact the Mid-Pacific Road Runners Club at 295-MPRR (6777).

State Offers Outdoor Education

The Hawaii Department of Land and Natural Resources is offering education classes to the public. Subjects covered include firearms and archery safety; survival and first aid; wildlife identification; and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification. Classes are open to anyone 10 and older who enjoy the outdoors — not just hunters.

The next two-day session is Aug. 12 from 5:45 to 10 p.m. and Aug. 13 from 7:45 a.m. to 4 p.m. in Classroom A-212A at the Nimitz Business Center, 1130 North Nimitz Hwy. Drive up the ramp to the classroom, which is the first room on the right. A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call 587-0200 or visit www.hawaii.gov/dlnr/welcome.html.

Ten Star All-Star Basketball Camp

Final applications are now being evaluated for the Ten Star All-Star Summer Basketball Camp. The camp is by invitation only. Boys

and girls ages 10 to 19 are eligible to apply. Past participants include: Michael Jordan, Tim Duncan, Vince Carter, Jerry Stackhouse, Grant Hill and Antawn Jamison.

Players from 50 states and 17 foreign countries attended the 2004 camp. College basketball scholarships are possible for players selected to the All-American Team. Camp locations include: Thousand Oaks, Calif.; Prescott, Ariz.; Belmont, Calif.; Sterling, Colo.; Bridgeport, Conn.; and many other cities around the nation.

For a free brochure, call (704) 373-0873 any time.

USO Hawaii 10K/5K Base Race

The seventh annual Outrigger-Ohana/USO Hawaii 10K/5K Base Race series will be run on Aug. 14 at Wheeler Army Air Field.

Individual and team awards will be presented, and team members will be eligible for individual awards. Team competition (five to 10 runners) will be limited to the 10-kilometer run in one of six categories: Military, police and fire, corporate, male, female or mixed. The five best times will determine team rank, and mixed teams must have at least one male and one female finish in the top five or be disqualified.

The race will begin near Hangar 101 at Wheeler AAF at 7 a.m., Aug. 14. This race has been designated as part of the Mid-Pacific Roadrunners Club "Championship Series."

The registration fee for individuals and team members is \$20 per runner and \$10 for children under 14. Military members running in formation must pay \$15 per person, and formations must consist of 20 or more members of the same organization.

To sign up for this race, mail in the entry form that can be found at the Semper Fit Center or any USO Hawaii or Outrigger-Ohana Hotel. Entry forms received after Aug. 1 will be considered late and are not guaranteed a T-shirt.

Race packets can be picked up from 10 a.m. to 3 p.m., Aug. 13 at the Semper Fit Center. Race packet will consist of your race number, T-shirt, safety pins and a course map. Packets not picked up will be available at the race site sign-in location after 6 a.m.

A revolving commander's trophy will be presented to the military team with the best time. For more information, contact the Semper Fit Center at 254-7597.

Kualoa Ranch to Host Sprint Adventure Race

The Aug. 20 sprint Adventure Race will consist of hiking and trekking, orienteering and navigation, kayaking, ropes, mountain biking, an environmental sensitivity project and a mystery team builder. It will be completely self-supported in a team format and will last approximately 4 to 6 hours. Come check out the spectacular views of Oahu's Windward side.

Registration fees are \$85 per person. Teams can consist of 2 or 3 people. There will be a 10 percent military discount. Sign up online or visit www.adventureracehawaii.com to download the entry form. Entry form and payment can be mailed to Adventure Race Hawaii, 330 Cooke St., Honolulu, HI 96813.

A free "Intro to Adventure Racing" clinic will be being offered, Aug. 11, for those interested. Go to the Boca Shop in Honolulu, or visit www.adventureracehawaii.com for more details.



Try Fitness Presents Off-Road Run

Try Fitness is proud to present the 1st Annual Off-Road 8K Challenge, Aug. 21. Come join in the fun for an off-road adventure. The route is a little more than 5 miles, and will take you off road into the hills and valleys of beautiful Kualoa Ranch. Everyone age 14 and older are welcome.

Entry Fee is \$25 if postmarked by Aug. 6, \$35 if postmarked after Aug. 6. Packet pickup is on the following dates and locations:

•Aug. 16 from 2 to 6 p.m. at Island Triathlon and Bike, 569 Kapahulu Ave., Honolulu.

•Aug. 18, from 3 to 7p.m. at Runner's Hawaii in Aiea, 93-390 Kamehameha Hwy.

Awards in the Off-Road 8K Challenge will be given to the top three male and female finishers overall and the top three finishers in each age group starting at age 14. Awards will also be given to the top three male and female active duty military finishers.

For more information, call Try Fitness at 946-0346.

Marathon Training for Women

Try Fitness hosts a 14-week training to help female athletes get ready for the Honolulu Marathon in December.

Session dates are Aug. 28 through Dec. 11. Training is Tuesdays and Thursdays from 5:15 to 7:30 p.m. and Sundays from 7 to 9 a.m. Orientation is at the Ward Entertainment Starbucks on Aug. 27 at 8 a.m. Cost: \$390 plus tax. Contact Try Fitness now at 946-0346 or send an e-mail to tryfitness@hawaii.rr.com.

Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs. Call the Turtle Cove office at 259-4121 from 8 a.m. to 8 p.m., or visit www.bellowsafs.com.

•*Saturdays at 8 a.m., Morning Paddle:* Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is \$14. Advanced skill level is required.

•*Saturdays at 1 p.m., History Tours by Van:* Learn about and see significant historical landmarks on Bellows Air Force Station.

•*Sundays at 8:30 a.m., History Tours by Bike:* Ride mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Wear closed-toe shoes. Cost is \$15 for bike and helmet rental.

•*Mondays at 8:30 a.m., Hike to Makapuu:* Take a moderate 2 1/2-mile roundtrip hike to the Makapuu Lighthouse. Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. Wear closed-toe shoes. Cost is \$8 for adults and \$5 for children 12 and younger.

•*Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:* Discover the magnificent underwater world of the ocean at a nearby undisturbed reef. Transportation, instruction and snorkeling equipment are included. Cost is \$15 for adults and \$8 for children 12 and younger.

•*Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:* Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. The class is free with a day kayak rental.

•*Thursdays at 9 a.m., Free Aloha Breakfast in the Recreation Center Lanai:* Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign up to win door prizes. For more information, call 259-4112.

•*Thursdays and Fridays at 2 p.m., Lei Making:* Pick your own flowers to use in making a beautiful lei. Cost is \$8 for adults and \$5 for children 12 and younger.

•*Fridays at 1 p.m., Bodyboarding Lessons:* Learn how to catch and ride the waves. Free day rental of boogie board is included in the \$5 fee.

•*Miniature Golf:* One of the miniature golf courses on the island is the Bellows Mini-Golf Course. It is lighted and open for night play.

Cost is \$4 adults and children 12 and younger. For more information, call the Golf Shack at 259-4121.

•*Driving Range:* Next to our mini-golf course is a driving range. Clubs and buckets of golf balls are available for rent.

Hawaii Marine Accepts Briefs

To post sports and recreational activities in the *Hawaii Marine*, e-mail requests to editor @hawaiimarine.com or call 257-8835.



The Bottom Line

(Editor’s Note: “The Bottom Line” is the **Hawaii Marine’s** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

C’mon C’mon win the tour again

Sgt. Joe Lindsay

The Goat

*Sports Editor’s Note: This is part one of a four-part series entitled, “The Goat: Blast from the Past,” and originally appeared in the July 30, 2004 issue of the **Hawaii Marine**. The Goat’s request that this installment be called, “That song by AC/DC,” was denied — vehemently.*

(Goat Note: There are so many great Tour de France moments. And I’m just itching to tell you about them. Oh we had such wonderful fun. Seafood cocktail, crabs, crayfish. Legend has it that the Tour de France originated in 1903 because of a feud between two French sports writers. Let the feud continue ...)

Unless you’re his ex-wife, Lance Armstrong just isn’t the type of guy you can hate. He is an amazing athlete who could arguably have laid claim to being the greatest cyclist of all-time, even before winning his sixth (*or seventh*) Tour de France in a row on Sunday.

Now, there can be no argument at all. He is the greatest cyclist of all time.

There is only one problem. So what?

Armstrong is going to make millions, and millions more in endorsements. He is going to be on the cover of “Sports Illustrated” (again), and is going to have movies, books and songs by Sheryl Crow written about him.

Everybody loves him, even though they’ve never seen him race.

And the reason they haven’t seen him race is that watching cycling is extremely boring. Of course, many French alcoholics would disagree, and that is why the premier cycling event in the world is called the Tour de France and not the Tour de Texas or the Tour de Ohio (*or the Tour de Wisconsin*).

Americans just don’t enjoy watching sports that don’t involve balls.

Still, there is no reason we can’t all be happy for Lance. After all, it is a true testament to his character that he conquered cancer and came back to win the Tour de France. But don’t expect France to reissue a commemorative teston coin with his likeness on it anytime soon.

The French don’t seem to particularly care for Mr. Armstrong, who has gotten quite testy with the French media, even

See GOAT, C-6

Kristin Herrick

The Cheese

(Cheese note: While Cheese note doesn’t sound nearly as catchy as Goat note, I hope you’ll keep reading anyway. With The Goat on leave and rerunning “Bottom Lines” from the archives, I was tempted to check out what The Professor had written on these subjects, but decided to spare everyone the redundancy. Instead, I’ve chosen to give you a take on Lance Armstrong, using his own words — laced with lyrics by female rocker Sheryl Crow. If you don’t know Crow’s lyrics, I think a change would do you good.)

Since July 2, nearly every day has been a winding road for six-time Tour de France winner, Lance Armstrong. After he wins again on Sunday, Lance and girlfriend Sheryl Crow will be able to ride down the Champs-Elysees into the sunset and never look back, if that makes them happy.

I know I’m happy for Lance — he’s a stellar athlete, and I have great respect for what he has accomplished. What I have little respect for, however, is that he won a couple races, got famous and then got divorced. Now, maybe there’s no correlation between

getting famous and dumping your not-famous wife, but let’s face it, what’s more exciting: a night at home with the kids or going to the Billboard Music Awards with your rock-star honey? Who knows; maybe he just wasn’t strong enough to be her man.

Anyway, enough Hollywood gossip — back to the Tour de France.

As Lance wraps up his final victory, five-time runner-up Jan Ullrich focuses on finishing in the top four. And while, for him I’m sure, the first cut was the deepest; the next four (soon to be five) couldn’t have felt much better.

Next year, with Lance out of the way, Ullrich may finally have a chance to soak up the sun in northern France.

Bottom Line: While I’ll never forgive Lance for starting the rubber wristband craze, I do forgive any private Armstrong-family drama. Lance is, without a doubt, the greatest cyclist to ever peddle a bike. He is on his way to winning his seventh Tour de France, and this year has even won over some French fans. I’m glad he’s retiring, though. He’s done what he wanted to do and is going out on top. Now all he wants to do is have some fun. Props to you Lance, you’re an original, baby.

“ quotable ”

“During our lives we’re faced with so many elements as well, we experience so many setbacks, and fight such a hand-to-hand battle with failure, head down in the rain, just trying to stay upright and have a little hope. The Tour isn’t just a bike race, it tests you mentally, physically, and even morally.”

— Lance Armstrong

Marine Corps Sports Hall of Fame induction ceremony announced

Press Release

Marine Corps Community Services

MCB QUANTICO, Va. — The Commandant of the Marine Corps will host the 2005, United States Marine Corps Sports Hall of Fame induction ceremony here at the clubs at Quantico, Friday, at 11am.

General Michael W. Hagee will induct former Marines Jerry Coleman, Lloyd "Butch" Keaser, Elroy Hirsch and Paul Arizin at a luncheon ceremony that will celebrate their achievements.

Coleman, a former Marine lieutenant colonel, was the 1949 Major League Baseball Rookie of the Year and 2005 Baseball Hall of Fame selection as the Ford

C. Frick Award winner for broadcasting. Keaser, a former Marine captain, is a two-time All-American wrestler and 1976 Olympic Freestyle Wrestling Silver Medallist.

Hirsch, a former Marine second lieutenant, is in the National Football Hall of Fame and was selected to three Pro Bowl appearances.

Arizin, a former Marine sergeant, is a 10-time NBA All-Star and 1978 Basketball Hall of Fame inductee.

For you The United States Marine Corps Hall of Fame honors former Marines who have excelled both on and off the athletic playing fields. Established in 2001, Hall of Fame inductees will be forever remem-

bered in the National Museum of the United States Marine Corps at the Heritage Center near Quantico Virginia when it is completed in 2005.

Fourteen former Marines have been selected for the Hall of Fame since it was founded in 2001. Past inductees include baseball legend Ted Williams and Olympic great Robert B. Mathias, International Boxing Hall of Fame member Ken Norton and Pro Football Hall of Fame member Arthur Donovan Jr.

Also to be honored the induction ceremony will be numerous Marine champion athletes to include the 2004 Marine Corps female and male Athletes of the Year, Capt. Mary Kate Bailey and Cpl. Jacob Clark.

For more information about the Marine Corps Sports Hall or the Marine Corps Athlete's of the Year, please contact Steve Dinote, HQMC Semper Fit, (703) 784-9542, or email: steven.dinote@usmc.mil.

YOUTH, From C-1

"We have always had some exceptional coaches step up to the plate and volunteer their time for these leagues," stated Abbey. If anyone is interested in becoming a coach, they can contact the YA office, anytime.

The cost to join Youth Activities is \$25 and \$15 for each additional child, annually.

"Aside from the benefit of lower sports-league costs, Youth Activities membership offers numerous benefits throughout the year, said David Kawada, YA program manager. "This includes free entry to different events we hold, access to our programs, a Boy's and Girl's Clubs of America membership and an open invitation to our facilities such as the Youth & Teen Center."

Youth Activities programs are made possible through the support of Windward Community Federal Credit Union.

Sign up your youngsters now at Youth Activities, Building 5082, Monday through Friday, from 9 a.m. until 5:30 p.m., or call 254-7611. Camp Smith and Manana Housing Youth Activities programs are also available at 456-1662.

Did You Know?

Preventing Heat-Related Illness

- **Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear a hat or to use an umbrella.
- **Drink water.** Carry water or juice with you and drink continuously, even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- **Eat small meals and eat more often.** Avoid foods that are high in protein which increase metabolic heat.
- **Avoid using salt tablets,** unless directed to do so by a physician.
- **Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 and 7 a.m.
- **Stay indoors** when possible.
- **Take regular breaks** when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!

— *American Red Cross*

HQBN, From C-1

that their defenders simply couldn’t keep up with. After repeated shots by Cruz, Jason Januskiewiczzy found the open net when he charged the goal, scooting the goal past MAG-24 keeper Logan Carraway for the first successful goal of the game.

In an effort to retaliate, MAG-24 took control of the ball and the game late in the first half, determined to get past Headquarters Battalion’s brick-wall keeper, Carlos Moriera, who made a couple diving saves to keep Headquarters on top.

When Dummar once again took control of the ball, he out-sprinted the MAG defenders, bringing the ball into the MAG backfield where an awaiting Januskiewiczzy had already lured Carraway out of the goal. Through Carraway made several attempts to take the ball from Januskiewiczzy, he was unsuccessful, and “ski” had an open opportunity and crossed to Bob Thurston — Thurston took his shot, but it was deflected high.

Time was ticking away, and MAG was yet to make their mark. Their star forward, Andrew Urey, had so far been shut down, but was given a chance inside when Moriera was taken out of his goal.

“The goal is open! Open goal!” shouted coach Christopher Voss from the sidelines.

Urey had broken free on the inside, and with a perfect cross, the shot was about to be taken when a HQBN slide-tackle stripped the ball right in front of the net. Again, MAG was put back on defense, as they watched another Dummar assault unfold. This time, a MAG defender got in the way of Dummar’s powerful shot, and the ball was again deflected above the goal. The score remained 1–0, HQBN.

On the following play, Thurston broke free in front of the goal and was also the victim of a slide tackle, but this time a call was made, and HQBN had the penalty shot. After MAG defenders blocked the penalty shot, Headquarters Battalion swarmed the ball and the net, and shots ensued from Dummar, Cruz and Januskiewiczzy, but nothing made it past Carraway.

“Carraway is playing a great game,” said Voss on the sidelines. “He’s stopping all kinds of shots, but our offense needs to step up and make more opportunities if we’re going to score.”

Gabriel Mallery was there to answer his call, and on the following play, tossed deep throw-in up the sideline, over the heads of two HQBN defenders and directly into the path of Urey. Urey sprinted along the sidelines, chased by HQBN defenders, and after Moriera came forward to stop him, Urey crossed a shot that had the MAG sidelines in half celebration, before it hit the goal post — barely missing its mark. The half came to a close, and MAG was forced to go to the sidelines trailing, 1–0.

“We have to get in their face and make more opportunities,” preached Voss to his team at the sidelines. “Me, personally, I don’t want to lose to this team. Lets make something happen.”

At the start of the second half, and a long 45 minutes to go, Urey and the re-motivated MAG offense came onto the field with a whole new breath of life. Another perfect Mallery throw-in landed Urey several strikes at Moriera, but Headquarters Battalion held strong, and Moriera was able to once again fend off Urey’s assault — but he wouldn’t be contained for long. Januskiewiczzy noticed Urey escaping, and directed a shift in defenders to keep the threatening Urey under control.

“I know what the MAG players are capable of,” said HQBN coach, Januskiewiczzy. “We had to keep Urey contained, or we may end up playing catch-up to MAG late in this game.”

But it wasn’t Urey that struck next for MAG. After a slide tackle forced a free kick, the ball bounced around dangerously in front of the HQBN goal, and it was Mallery who connected on the far side past Moriera to tie the game, 1–1.

The players on the field, not used to the lengthy 45-minute halves, began to show signs of fatigue. Though Headquarters Battalion kept the pressure on, their quickness was starting to diminish, and shots on goal became more and more easily guarded by Carraway.

Januskiewiczzy tried several times to kick the ball past Carraway, but was unsuccessful. Even when Janewkewrewki blocked a Carraway goal kick,



Sgt. Joseph A. Lee

Logan Carraway (left), dives to block a shot by Jason Januskiewiczzy (white). Carraway blocked several shots throughout the day, but could not fend off the Headquarters Battalion assault for long.

and had the game literally at his feet, the shot missed wide left, and the game remained tied at ones.

Urey was forced out of the game late in the

second half after his left foot began to give him trouble, but teammate Mallery stepped right up and put the pressure back on to the tiring HQBN. Mallery took a pass up field with some

fortunate bounces, past the slowing HQBN defense, but the shot was premature and missed high. With only four minutes remaining on the clock, and after numerous failed attempts by both teams, the game-winning goal was finally made.

On a throw-in, Januskiewiczzy changed up from his normal receiving routine and ducked under the incoming pass, allowing the ball to the far side of the net, and to the awaiting sweeper, Vic Olivares, who charged the ball into the net for the score, 2--1 Headquarters Battalion.

The MAG team made several attempts to return the favor, but with very little time left on the clock, the HQBN defense was able to contain their offense and finish the game as champions.

“The first year I played soccer here at K-Bay, I lost to MAG in the championship game,” said Janejidonafaski. “Practically every year we end up facing them in the finals, and it felt really good this year to take the trophies home. Our team did fantastic all season long, and this game was really no different from the rest — except for the fact that we knew we had to win.”

GOAT, From C-3

going so far as to accuse them of spying on him and plotting to plant steroids in his hotel rooms.

All of these accusations, including the ones recently released in a book entitled “L.A. Confidential: The Secrets of Lance Armstrong,” may soon land Armstrong in court, where he has vowed to sue the authors and publishers for libel and to testify that he has never used performance-enhancing drugs.

In fairness to Lance, it is important to note that, despite testimony to the contrary, he has never failed a drug test. Neither has Barry Bonds or Marion Jones, for that matter.

Bottom Line: Lance Armstrong, The Goat wishes you all the best. You are a true underdog story. We love you because we know you would never quit.

It must have been tough when you had brain, lung and testicular cancer all at the same time. But with the love and support of your family, friends, fans and Sheryl, you got back on that bike and won the Tour de France — not five, but six (*or seven*) times in a row.

Sometimes, when The Goat wants to quit during “pack PT, up KT,” he thinks of you and realizes he has no good reason to quit, and it shames him.

But then again, if a person never quit when the going got tough, then they wouldn’t have anything to regret for the rest of their life. There would be nothing to haunt them. And then life would get kind of boring.

Just like cycling.

CLINIC, From C-1

including all 12 of the team’s total in 2000. They have also scored eight defensive touchdowns, compiled 163 pass breakups, and 28 forced fumbles.

Also teaching at the clinic is Linebacker Coach Cal Lee. Lee is the younger brother of UH wide receivers’ coach Ron Lee and is hailed as the state’s most successful high school coach, after leading the St. Luis High School Crusaders to 14 Prep Bowl titles, 18 Interscholastic League of Honolulu championships and the inaugural HHSAA State Championship in 1999. In 21 seasons at the Crusader helm, Lee won a remarkable 88 percent of his games and compiled a 241-32-5 record. Moreover, almost half of Lee’s 32 losses came in his first two seasons at St. Louis. Lee’s success at St. Louis also includes a 55-game winning streak that spanned six seasons (1985 to 1990) and a 15-1-1 record against out-of-state teams. The two-time national Coach of the Year is the most prolific coach in the history of prep football in Hawaii.

Mel deLaura, UH strength and fitness coach, will be joining the group to teach some coaches how he can help them get their players in better condition. A former wide receiver turned personal trainer, deLaura implements training techniques he has learned throughout the years. One particular technique he employs is ply metrics, which are aerobic exercises that improve jumping and quickness. Several trainers from Sports Medicine of Hawaii, who work with the players from UH, will join deLaura.

According to Au, other coaches from the UH athletics staff are scheduled to instruct, but their names have not yet been confirmed. To get the full schedule of these clinics and more information about the upcoming season, all coaches and assistant coaches must attend a mandatory coaches’ meeting at the Semper Fit Center on Monday at 2 p.m.

“This season should be exciting,” said Au. “So far, we have teams confirmed from CSSG-3, Headquarters Battalion, Camp Smith, 3rd Marines Regiment, rumors of a team forming for 1/12, and the always-targeted current champions, MAG-24. I can’t wait to get this season underway, but first, our coaches need to attend this clinic.”